

# U3A Southern Highlands Inc.

## Course List for Term 3, 2018

Monday 23<sup>rd</sup> July 2018 to Friday 28<sup>th</sup> September 2018

Enrolments close at 9pm on Wednesday 27<sup>th</sup> June 2018

However, vacancies may exist in some courses after enrolments have been processed.

### **A 5 RING CIRCUS: 5 OLYMPIC GAMES**

Bob Lawton was a member of the New South Wales Olympic Council Executive for 20 years and was a former Vice President. He has an extensive knowledge of the Olympic Games and the Olympic movement. He was a spectator at the Melbourne Games, a Volunteer at the Sydney Games and an Australian Team member at two Winter Olympic Games. This talk will encompass five Olympic Games of particular relevance: - The first modern Olympic Games in Athens, Greece in 1896 - The Olympic Games in Berlin in 1936 the so-called Hitler Games - The 1956 Olympic Games in Melbourne, the first in the Southern Hemisphere - The Los Angeles Games of 1984, the first commercially successful Olympic Games - The Olympic Games in Sydney 2000, the Games of the new millennium. Significant moments for Australian competitors will form part of the presentation.

### **ADULTS IN LATE ADULTHOOD KEEP DEVELOPING**

This course is designed as a follow-up for participants in the 2018 Term 1 course "How People Develop through Life". It is also open to new members who wish to reflect on their lives by applying some theoretical ideas and by discussing and sharing with others. Topics will include the central role of attachment; retirement practicalities; communication skills in late adulthood; how unexpected events shift life trajectories. Each week, there will be opportunity in sessions and at home to write reflectively about pivotal life events.

### **ADVERBS WITH ATTITUDE**

Adverbs? Really? Surely you're not serious, John? Well yes, actually. Indeed I am! Come with me and we'll pursue these humble – and not-so-humble – adverbs along the highways and byways of English grammar to see what company they keep and what they get up to when they think no one is looking. This is a miniseries – two sessions only. Am I going to engage a troupe of adverbs to entertain and enlighten you? Absolutely!

### **ALL YOU NEED IS EARS: LISTENING TO RATHER THAN HEARING MUSIC**

Murray Khouri has played clarinet professionally in major orchestras and chamber music groups around the world, has produced over 300 CDs, written Radio programs for the BBC and has taught internationally. In this course we will examine the last 400 years of music and the interdependence between music and all of the arts. Session 1 will introduce baroque period music, early classical period music and, with the death of Beethoven, music of the early romantic period. Some 20th century music will be listened to and the rise of the orchestra discussed. Session 2 will present a series of composer profiles. Session 3 will discuss musical forms. Session 4 will explore the symphony orchestra. Session 5 will concentrate on vocal music, operas and the role of the conductor. Listening Lists will be

provided and a selection of CDs may be available to loan. There will be a \$10 one-off charge to cover morning tea and cost of production of handouts. Lyndall can be contacted on 0408 839 687.

### **APPLE IPAD COURSE FOR THE ENTHUSIAST**

This is NOT a course for the beginner. Rather a course for those who want to discover more about their iPad and advance further into its abilities and management. Members joining the course would be expected to use their iPad during each session. All iPads would need to be capable of accepting the latest updates that Apple provides. There will be a one-off fee of \$4 that covers copious notes and mid-session tea break.

### **ART IN THE AFTERNOON**

We are a group of men and women who enjoy painting and drawing, mostly we work in our lovely modern studio. We visit the ever-changing exhibitions at Bowral Art Society in our break. We listen to soft music as we work, and bring and use the medium of our choice. Ideas and encouragement are exchanged. Some of us have been painting for years; others have only begun recently. Help is available when required. This course is assisted by Richard Atkin.

### **BOOK LOVERS' CIRCLE**

We are a relatively new Book Group who enjoy reading a variety of books, which members take turns to choose, one each month. We meet at a member's house on the second Wednesday of the month, from 10.am to 12 noon, and we ask the one who chose the book, to lead our discussion. This can be quite wide ranging and cover all aspects of our chosen title. A small charge is made each term for morning tea. Because our group number is necessarily limited, and many members wish to continue, we can take 2-3 new members. As we now offer 2 Book Groups, please enrol in one only.

### **BOOKWORMS BOOK GROUP**

This is the original U3A book club that generally meets on the 4th Wednesday of each month. Our Book Group reads all different genres including some non-fiction. All members have the opportunity to suggest books which are then selected by an informal vote. This seems to be working and this way we get to read both new and old books of various genres, authors and themes to discuss and provide our thoughts. The member generally provides an introduction to their suggested book followed by individual and group discussion. We have a maximum of 12, and many wish to continue, so we would welcome 2-3 new members. As we now offer 2 Book Groups, please enrol in one only.

### **BRITAIN SINCE THE CONQUEROR**

The course has now entered the 18th Century and will cover the reigns of the first four Georges. There will be a small charge for those who stay for morning tea after the session. NB There will **NOT** be a session on 21 Sept due to Tulip Time.

### **CHESS CLUB**

How does Lewis Carroll's "Through the Looking Glass" relate to chess? It is, in fact, the game that has been played for over 1,500 years with its origins in India. It is beloved of the world's famous from Canute to Dickens, Shakespeare to HG Wells. Dr Johnson said: "Chess is wonderful for concentration but so is the possibility of being hanged the next day." Now it is *your* chance to revisit and revitalise your game in a relaxed and friendly atmosphere. Beginners are welcome as tutors are willing to assist.

### **CINEMA ON THURSDAY**

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34:50. (Combined Cinema and Coffee.) Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

### **CINEMA ON WEDNESDAY**

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34:50. (Combined Cinema and Coffee.) Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

### **CINEMATHEQUE**

Would you like to see a cult or classical film from the 20th Century? Here is your opportunity. All foreign films are from Europe, Scandanavia, Asia, Russia etc., and have English subtitles. Most of them have been awarded prizes and categorised as "Art Cinema" and some are in black and white. A charge of \$10 for the term is payable at the first session.

### **CLEAR THINKING**

How to sharpen thinking and responding! This lively lecture/discussion course will focus on identifying key pointers to faulty reasoning and to the process of enhancing one's capacity to refine our cognitive abilities. During each session examples will be drawn from various sources including current affairs, politics, religion, science, etc. Such examples will be used to illustrate the practical application of the material presented.

### **COMPUTERS COFFEE AND CHAT**

Want to be more productive with your PC or Mac? Worried about computer security and privacy? Like to know more about the latest developments in computer technology? This course combines lecture style delivery of tips, explanations, news and suggestions with informal group discussion in a non-threatening environment. Comprehensive notes are provided for each session. The course is NOT suitable for total beginners wanting to learn how to use a computer for the first time nor is it intended for technical types who want to learn programming or delve into bits and bytes. Rather, this course is aimed at average PC and Mac users. There is a charge of \$5 per term to cover afternoon teas/coffee and other incidentals

### **CRIBBAGE CLUB**

Enjoy a game of Cribbage and a cup of coffee at the Bowral Bowling Club. We play weekly but members are welcome to join us when they can. There is no cost for the venue but cribbage players are expected to join the Bowling Club as social members @ \$15pa.

### **DANTE - THE DIVINE COMEDY**

Who has not heard of the frightening words on Dante's GATES OF HELL: "Abandon Hope All You Who Enter Here"? Dante Alighieri (1265-1321) lived in a strange world of medieval thinking from which the Western world was rescued by the Italian Renaissance. To enter this lost world with Dante is to embark on a journey of endless fascination. Clive James published a new translation of Dante's The Divine Comedy in 2013 to wide acclaim, some of which will be incorporated. There will be three lectures, each devoted to one of the three books of The Divine Comedy: INFERNO, PURGATORIO, PARADISO. Within we shall find much that echoes in our memory where Dante's influence is alive still to inspire, to astonish, and at times to amuse.

### **DECOUPAGE AND CRAFT**

Enjoy a morning working on your favourite craft with a group of people who have wide experience with a number of craft activities. There is no tutor and you will need to supply all your own materials, however there will be plenty of encouragement and ideas to help you. NOTE: Venue for 19 September TBA.

### **DIGITAL PHOTOGRAPHY FOR DSLR USERS**

This course is designed for DSLR users which means I will be assuming that you have a working knowledge of your camera and where to find the buttons. We will be stepping into the world of aperture, depth of field, white balance, exposure values and a few more of the technical aspects of photography. We will also look at why shooting in RAW is a good thing as well as expanding composition and perhaps a few tips and tricks used by the professionals. This is a hands on course so you will need a camera (DSLR), your manual (in print or online) and a tripod. \$10 is payable for morning tea and course notes.

### **EMBROIDERY PLUS**

We are a friendly group of people who meet each Monday morning to work on a project of our choice whilst enjoying one another's company. As a group, we have many sewing skills and are available to help with several different styles of embroidery. Beginners are very welcome as regular members of the group are willing to share their skills. Please bring your own scissors, needles, pins, tape measure and any appropriate sewing items. Small cost for tea/coffee each term payable at the first session.

### **END OF LIFE PLANNING MATTERS**

Have your say in your Health Care – Advance Care Planning! This session is scheduled to take place on “Dying to Know” Day, a national initiative to build death literacy i.e. the practical know-how needed to plan well for end of life. Advance Care Planning relates to clarifying and making your wishes known about your health care, if you are in a position to be unable to speak for yourself. Just as it is important to make a will regarding our finances, it is also important that we make decisions about our future health care and accommodation choices and make those decisions known. The presentation will cover the components of an Advance Care Plan in relation to NSW legislation and how to go about making one. Discussion will be facilitated to share and enlarge our understanding of associated issues. There will be a \$1 charge for handout notes and afternoon tea.

### **FAMILY HISTORY**

An interesting group for those undertaking family history research. This is now an advanced group and this term we can only welcome experienced searchers. There will be occasional guest speakers & excursions. This course meets on the second Thursday of the Month and continues through the school holidays but does not meet in January.

### **FREUD - WHAT DID HE REALLY SAY?**

A fortnightly thought and discussion group exploring the foundations of Freud's work which is frequently misinterpreted. We will also investigate the conflicting beliefs on how we interpret Freud's work into everyday lives. Following each session, the group will read a given prepared short text on a theme that has arisen from discussion which will provide stimulus for the next session. A basic knowledge of Freud and his work is an essential pre-requisite.

### **FROM 6 ACRE PADDOCK TO FRUITFUL GARDEN**

The 6-acres of “ALLWAYS” doesn't seem much land – but buying that land with a vision of trees, gardens and produce is a bit much; especially if you have no prior experience with planting things and nurturing growth. We not only had no prior experience, we were working in Sydney full time. With much input from kind fellow gardeners in the Highlands, a lot of hard physical work, and a patient husband prepared to move trees (frequently!), at last we have shape and an abundance of good food coming from our own land. The success is pleasant, but the mistakes are important and that is part of our story which I will share in this session.

## **FUN WITH WATERCOLOUR**

Open to all with a wish to expand their talents in this wonderfully challenging medium. Some experience preferred as THIS IS AN UNTUTORED COURSE. Enjoy meeting enthusiastic and helpful watercolour art members and pass on and learn new techniques. A payment of \$4 will be collected for morning tea for the Term.

## **GARVAN INSTITUTE VISIT**

You will have to be an early bird for this one. Not because it's first in best dressed, but because you have to catch the 7.06 (MV), 7.14 (B) 7.18 (M) train to be one of the members in the group to tour the laboratories of the world-renowned Garvan Institute of Medical Research in Sydney. This tour offers the opportunity to meet some of the scientists while they work in this fascinating facility. It specialises in many ground-breaking areas of research, with a strong emphasis on gene technology. The laboratories are 10-15 minutes' walk from Kings Cross station and during the 90 minute tour there are no rest stops or chances to sit down, so a modicum level of fitness is required. The tour will commence at the Institute at 10.00 and be completed before noon. Afterwards there will be the option of a lunch together on our way back to the station. Details will be forwarded to successful enrollees together with suggested travel arrangements.

## **GERMAN (ADVANCED BEGINNERS TO INTERMEDIATE)**

This class is intended for those who may have studied or learned German at some stage in the past. It is considered an extension of "German for Beginners", which has been running for the past two years, and intends to extend the gentle progress made by students who have attended that course. As a rough guide to the standard required, class members should be able to formulate and answer simple questions in German. Grammatical mistakes are not important, but a willingness to try is important. The basic intent is to encourage conversation in German. During the course, we will touch on German culture, geography, history, current affairs, and colloquial language, with a bit of grammar thrown in when necessary. Access to a computer connected to the internet and an email address is necessary for dissemination of information associated with the course. There is also a great deal of information available online which can enhance the learning experience, and class members will be encouraged to explore those resources.

## **HATHA YOGA**

It is well recognized that the practice of yoga supports health and mental wellbeing. Hatha yoga uses bodily postures and breath awareness to bring a sense of balance to mind and body. This practical course will introduce some of the physical practices of Hatha yoga. Each session will include tranquil limbering exercises, beginner level asana (posture) work, breath (pranayama) awareness techniques and deep relaxation. The session will also touch on the philosophy that underpins Hatha yoga. Having practiced yoga for many years Anne has recently completed a one year Diploma of Yoga Teaching. She is keen to share her passion for yoga with U3A. Participants will need to bring their own yoga mat, a firm blanket and a light throw for warmth during relaxation.

## **THE HIGHLAND BUSKERS**

The Buskers a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. Prospective new members should contact Kerith to let her know their instrument of choice, as parts are composed specifically for each player.

## **HISTORIC BONG BONG CHURCH**

A talk will be presented in Bong Bong Church by a Warden of the Church on the History of this iconic building and Cemetery and its connection with the Throsby and Zouch families and other early settlers in the Highlands. A light morning tea will follow and then participants will be shown around the Cemetery highlighting the historic graves of these pioneers. A fascinating history of the area. The Church is on the corner of Argyle St and Church Rd, Moss Vale. Parking is available in the Church grounds and also outside on Church Rd. There will be a charge of \$2 for Morning Tea.

## **HOW DOES GEOGRAPHY SHAPE THE DESTINY OF NATIONS?**

The past, present and future of nations and regions, are influenced by a multitude of forces. Many and diverse academic disciplines have attempted to explain how and why. Geography is pivotal in this process because it provides a critical spatial perspective on dynamic processes and patterns, both domestically and internationally. Geography brings its own unique concepts, methodology and framework of analysis to the explanation of physical and human phenomena. This course will briefly explore the discipline of geography first, and then apply it through the examination of nine individual countries (India, Pakistan, China, USA, Canada, Malaysia, Russia, Korea and Japan) and three world regions (Middle East, Western Europe and the Arctic). This will be done in terms of their history, destiny and role in geopolitics, particularly in the broader context of shifting world powers today.

## **"HOW TO ENROL ONLINE" - WORKSHOP**

Are you a new member or an existing U3A SH member with internet access who would you like to increase your confidence and accuracy to complete your Term 4 enrolment ONLINE? Then come to this workshop WITH YOUR DEVICE (tablet/iPad/Laptop) to learn how. The workshop, led by our Webmaster, Bert de Hosson, is being held during our Enrolment period and will cover: - How to Enrol in courses online - How the computer selection process works after the first Enrolment period closes - Information about navigating the U3A Website - Frequently asked questions Several of the Committee will also be there to act as tutors and to answer any questions.

## **IDEAS FOR THE FUTURE**

This course follows on from Term 2 but new members are also welcome to join us as we continue our exploration. Improvements in science and (hopefully) international understanding will result in longer, happier, and healthier lives for many. What will we do with the extra years? Will robots do the work for us, and give us increased leisure time? What will we live on? How do we control robots who are smarter than we are? What do we do about inequality? Lots of questions, very few answers so far.

## **INTRODUCTION TO BUDDHISM**

Buddhism is a philosophy that has a growing following in the Western World. Ven. Phra Mana Viriyarampo, our Course Leader, is the Abbot of Sunnataram Forest Monastery at Bundanoon. He is an experienced lecturer and has a gift for explaining the teachings of Buddhism in a clear and engaging manner.

## **JAPANESE: SPOKEN AND WRITTEN**

This course offers an integrated and fun approach to learning Japanese language, script and culture and is for people who either commenced their study in 2016 or have an elementary knowledge of Japanese including a firm command of Hiragana, the basic script. Romanised Japanese (i.e. writing the language using the English alphabet) will not be used. In 2017 learners will extend their command of both the spoken language and script and will become familiar with Katakana and some basic Kanji (Chinese characters). No text book is required but \$20 will be collected on the first day to cover course material for the full term.

## **JEREMIAH HORROCKS - THE FATHER OF BRITISH ASTRONOMY**

Jeremiah Horrocks was the first person to predict and witness the Transit of Venus in 1639. He was self-taught in astronomy and carried out pioneering work in the field of observational astronomy. He determined the elliptical orbit of the moon, carried out seminal work on the orbits of the planets that informed the work of Isaac Newton later in the 17th Century. He died very young and most of his papers were lost during the English Civil War, and yet he is recognised as the Father of British Astronomy.

## **LATIN (LEVEL 3)**

We shall use Oxford Latin Course Book 3 and photocopied texts from various authors. A basic knowledge of Latin grammar and vocabulary is needed for successful participation.

## **LATIN (LEVEL 4)**

We shall use the Oxford Course Reader, an excellent collection of prose and poetry.

## **LUNCH OUT TOGETHER**

U3A is programming one lunch per term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. Term 3 lunch will be held at FEAST @ BERRIMA, 1 Market Place Berrima. Main and dessert every alternate drop. Cost \$46 and BYO permitted. As usual please PAY on APPLICATION and please note that the payment of \$46 is non refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place and advise the Leader of the change.

## **MEET THE ATOM**

This course is designed for those with little or no background in Science. It will be a simple introduction to the history and development of the standard model of the atom. Included will be some simple quantum theory and a simple look at such things as quantum computing. (In other words, if you are a science graduate, this is probably NOT for you.)

## **MINDFULNESS MEDITATION: PRACTICAL AND EVIDENCE BASED SKILLS**

Mindfulness and Meditation skills help us to develop resilience and flexibility for everyday life in our responses to life's tribulations. Research indicates that through the practice of Mindfulness we can bring balance and compassion to our experiences of pain, stress and anxiety as well as a greater capacity for enjoyment of life in the present moment. Charlotte is a Therapist and Counsellor. She also holds an advanced certificate for the psychotherapeutic model of ACT Mindfully and is a practitioner of Mindfulness Based Stress Reduction. All are welcome to this class in Mindfulness Meditation.

## **MINDFULNESS MEDITATION**

Mindfulness is a deep practice, a way to peace. The more we use it in our daily lives the more we increase our capacity for peace and well-being. This course offers the opportunity to practise practical ways to introduce mindfulness into our daily lives to achieve peace, understanding and compassion for ourselves and others.

## **NEWS IN REVIEW**

For two hours each fortnight we will engage in discussion of a piece drawn from the Opinion and Editorial pages of leading news media in the previous week. Members of the group will be expected, at least once over a year, to select an Op-Ed piece; analyse it and/or the issues raised in it; make a brief presentation on these; prepare questions to focus discussion of the piece; and facilitate an interactive discussion on these. Members of the group will be expected to contribute to discussions in a non-combative manner and it is hoped that members will hone their skills of critical analysis and public presentation in this way.

### **PAINTING WITH OILS**

If you like to paint with oil or acrylic paints, you are welcome to join this friendly group. Members must provide their own materials and decide on their own projects but we share our ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used.

### **PANORAMA OF FRENCH**

This course is based on participants reading and discussing a work of a famous French author. Participants should be able to read easily from the work and take part in simple discussion about it. The course is meant to be enjoyable and a coffee break is rigorously observed. The entire class will be conducted in French. Any new members wishing to enrol should contact the Leader or Co-leader.

### **PETANQUE CLUB 1**

A fun afternoon in the fresh air, where the goal is to toss hollow metal balls underhand to stop as close as possible to a small wooden ball. It's just for fun, social contact and a wee bit of exercise. Petanque is the French game of boules, popular throughout the world. We play on Berrima Boules Court situated in front of the old tennis court shelter shed in the Market Place. This is a public court so we may join with others or them with us as we play. Play is from 2.00-3.30pm after which we adjourn for afternoon tea to one of Berrima's cafes. There are two fortnightly Petanque clubs on alternate Wednesdays so please enrol in only one of the two.

### **PETANQUE CLUB 2**

Same as Petanque Club 1 but on the alternate Wednesday. Please enrol in only one of the two fortnightly Petanque Clubs.

### **PINOCHLE CLUB**

Enjoy a game of Pinochle and a cup of coffee at the Bowral Bowling Club. Pinochle is a popular American trick-taking card game similar to 500 and bridge. We play weekly but members are welcome to join us when they can. There is no cost for the venue but players are expected to join the Bowling Club as social members @ \$15pa.

### **POETRY LIVE**

This is a course for anybody who would like to be moved to happiness, laughter, love, faith, disappointment, grief – or as Emily Dickinson said; “if I feel physically as if the top of my head were taken off, I know that is poetry.” Each session members are invited to choose two poems on a specific theme. Class members will read the poems of their choice, and share the reasons for that choice. Poems may be from any source, and may include one poem of your own creation. Please bring your own tissues.

### **POETRY ON TUESDAY**

You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems, and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland.

### **SCOTTISH COUNTRY DANCE FOR SENIORS**

Have you thought of joining the enthusiastic group of dancers who have enjoyed Scottish Country Dancing for over 10 years now? This 'Ballroom Dance of Scotland' provides mental stimulation and gentle exercise with social interaction which 'seniors' are encouraged to do to 'stay active'. It is enjoyed by both men and women. Come and experience the happy social spirit - no special dress is required, just soft soled flat shoes. A small charge will be collected at the beginning of the term for morning tea.

### **SCRABBLE FOR FUN**

There's something for everyone in playing SCRABBLE. If You Like Playing the Game of Scrabble with like-minded people and making new friends with lots of laughs and smiles along the way, then this is for you! Led by George Khamis of the NSW Scrabble Association Committee, this course is run in conjunction with the Mittagong Scrabble Club, (part of the Southern Highlands Scrabble League). Individual help and advice is given by experienced scrabble players to new social players whilst they are playing. There will be a charge of \$10 for the course to cover Scrabble resource materials and access to professional boards. Tea/coffee is available for purchase at the RSL cafe.

### **SEW AND YARN IN BUNDANOON**

This is a class where you bring along current or unfinished stitching and enjoy the company of others who have the same interests. The class meets on the 1st and 3rd Friday each month. Perhaps you can share your skills with others. There's time for morning tea, a natter and time to finish your special projects. A small charge will be made for morning tea at the beginning of term.

### **SOCRATES' CAFE**

The focus of Socrates Cafe is to provide a venue for U3A members to learn, discuss, reflect and enquire about important life or current/problem issues of a philosophical nature. It is enlightening to get a range of views based on experience, interest or research and your views, experience and opinion will be most welcome. Each session will provide discussion on a topic suggested by members at previous sessions. All members of the group must be prepared to discuss/question and contribute to the selected topics. A variety of facilitation methods will be used to obtain Socratic objectives. Cost of morning tea and biscuits, or plunger coffee/tea, to be determined after payment \$5.00 at first session.

### **SOUTHERN HIGHLANDS U3A CHOIR**

The harmony choir welcomes people who love to sing and experience the real joy of making music together. Previous choral experience and the ability to read music, although preferable, are not essential. We will be singing a wide variety of music ranging in styles from traditional and folk to music from the shows and some just for fun. A \$5 charge (which covers music) will be collected at the first session.

### **SPANISH**

This course is a continuation of the Spanish Course that has been run over the past few years which is now at Intermediate level. It uses Castillian Spanish as applied to everyday situations, covering elements of reading, writing, speaking and translating plus some understanding of grammar. In addition Spanish culture, geography, history, literature and current affairs are touched on to provide a better understanding of Spain. New students with knowledge of the Spanish language are welcome to the course. They will need to purchase the book "Living Spanish - A Grammar Based Course". It is also recommended that a Spanish dictionary be purchased such as "Collins Spanish Dictionary & Grammar".

### **TABLE TENNIS ON MONDAY**

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

### **TABLE TENNIS ON THURSDAY**

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

## **TALKING POINTS**

Lively discussions on current affairs. Topics cover issues in the news and matters of the times. No subject is barred and everyone is encouraged to participate. Many in the group continue informal discussions afterwards at the Kookabar Café.

## **TRENDS IN PHILANTHROPY AND IMPACT INVESTING**

Having spent most of her career in sport, arts and philanthropy, Louise Walsh is currently Chief Executive Officer, Future Generation Investment Company & Future Generation Global Investment Company. In this session Louise will cover the most up-to-date trends in philanthropy in Australia and globally, including the rise of impact investing- what it is with examples of impact investing in Australia.

## **TRUFFLES- BLACK GOLD- BURIED TREASURE**

Have you ever wondered how Truffles are grown in Australia, often called “The food of the Gods”? For many it is a dream to grow the mystical, rare & delicate fungi with the most amazing aroma in the culinary world. In this one session you will learn how a couple of Senior Citizens became successful Truffle growers and why Truffles are so prized as a delicacy. I hope to also have a Truffle tasting on the day in our afternoon tea break – subject to Truffle availability

## **U3A KNIT-IN SPECIAL EVENT**

All U3A knitting enthusiasts are invited to an afternoon of knitting and entertainment to support the WRAP WITH LOVE organization, which distributes knitted blankets to the needy in Australia and other countries. Even if you don't know how to knit, we can teach you! But, if you do know how to knit then we need you. If you would like to join us, please bring size 4mm Knitting Needles and your own 8 ply yarn to knit the 25cm X 25cm squares. We intend to enjoy an afternoon of industrious knitting activity and afternoon tea as well! It's a great afternoon full of merriment. Hope to see you there.

## **WESTERN MAHJONG**

The game of Mahjong was invented by the Chinese hundreds of years ago and has been played by them through the centuries. It is only in recent years that it has spread to the Western world and it has become very popular. There has been several variations developed through the years, but we are concentrating on Western Mahjong. There are many groups who play Western in the Highlands so after our course, we hope you'll continue to enjoy the game with people you learn with or maybe join an existing group.

## **WINGECARRIBEE WALKS-HAMMOCK HILL SPRING RAMBLE**

The walk will begin at the Scottish Arms Pub in East Bowral. We will walk along paved footpaths to the entrance to Hammock Hill Reserve in Kiameron Place off Rowland Road, East Bowral The leisurely walk will take us through a varied terrain and vegetation with established trees and we will look for the abundant birdlife which rely on these trees. Bird life includes kookaburras, Rosellas, Cockatoos, Corellas, Magpies, and even the Satin Bower Bird. We will allow two hours for the walk but this can be shortened if circumstances dictate. There is one short hill in the walk which will take us to the top of the high point in the Reserve. Walkers may find it beneficial to use a hiking pole and a water bottle is recommended. Good walking shoes are also recommended. For their own safety and the safety of others, walkers must be physically able and fit to participate. You will be asked to sign a waiver prior to commencing the walk. If you have any doubts, please discuss this with the course leader, Bob Lawton BEFORE YOU ENROL. Bob can be contacted on 0418 212 204. Lunch at the Scottish Arms Pub may be an extra if there is sufficient interest.

### **WINGECARRIBEE WALKS- MAGNIFICENT MOSS VALE (NORTH)**

On The Moss Vale South Walk, we investigated beginnings of white settlement in Moss Vale. What happened next? Take the North Walk and find out what commercial PROGRESS meant to Magnificent Moss Vale. We meet outside, the original mayoral building, 1A Throsby St, Moss Vale. For their own safety and the safety of others, walkers MUST be physically able and fit to participate. You will be asked to sign a waiver prior to commencing the walk. If you have any doubts, please discuss with the course leader BEFORE YOU ENROL.

### **WORLD MAPS - TERRA INCOGNITA**

As our 'western society' began to grow and expand, we became aware of possible or probable lands well beyond our known limits. Increasing exploration and establishment of larger trade opportunities brought information of 'new' lands, along with many more far-fetched notions of places. Join us in an investigation of the means of documentation of an ever increasing wealth of knowledge, particularly how some of the great cartographic houses came into being and flourished

### **WRITING FOR PLEASURE**

Become part of a group that enjoys discovering their joy in writing. We will often listen and enjoy the writing of others. There is often homework! Come and celebrate your skills with the leaders.

### **YEAR 10 MATHS REVISITED**

Are you someone who says "I was never good at maths at school"? Then could you imagine you might actually ENJOY it? Certainly Maths was not everyone's favourite subject in Year 10 (Intermediate) nor did it seem very relevant. So maybe it's time to have a new, more mature look at it while, at the same time, getting the little grey cells moving. We will dwell on only a couple of topics and what we study will depend on the group to a large extent. This will not be a pressure course; on the contrary, we will have FUN and we will go SLOWLY.